


Southern Living

Corned Beef and Cabbage Soup Recipe

Active: 15 mins**Total: 30 mins****Yield: Serves 8** **Corned Beef and Cabbage Soup Recipe**
Antonis Achilleos;
Prop Styling: Missie Neville Crawford;
Food Styling: Torie Cox

Turn leftover Saint Patrick's Day corned beef and cabbage into a hearty, homey one-pot soup. Earthy caraway seeds, fresh dill, and pungent malt vinegar give this quick-cooking soup complex flavor. Serve with Irish soda bread for a homey and comforting supper. To make this soup without leftovers, use store-bought corned beef (choose a piece about 1 inch thick) and pre-boil the cabbage, potatoes, and carrots until tender, 10 to 15 minutes.

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 2 cups chopped yellow onion (from 1 large onion)
- 1 cup chopped celery (from 4 stalks)
- 2 teaspoons minced garlic (from 2 garlic cloves)
- 1 teaspoon caraway seeds
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 bay leaves
- 8 cups beef broth
- 2 cups chopped cooked cabbage
- 2 cups chopped cooked Yukon Gold potatoes
- 2 cups chopped cooked carrots

Directions

Step 1

Heat oil and butter in a large Dutch oven over medium-high. Add onion and celery; cook until translucent, 5 minutes. Add garlic, caraway seeds, salt, and pepper; cook until fragrant, 1 minute. Add bay leaves and broth; bring to a boil over high. Reduce to medium-low.

Step 2

Stir in cooked cabbage, potatoes, carrots, and beef; cook until hot, 15 minutes. Remove bay leaves; discard. Stir in dill and parsley. Serve with vinegar on the side.

**1 pound shredded cooked
corned beef**

**2 tablespoons chopped fresh
dill**

**2 tablespoons chopped fresh
flat-leaf parsley**

Malt vinegar

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Crock Pot Chicken Enchilada Soup

★★★★☆

Prep: 5 mins

Cook: 8 hrs

Total: 8 hrs 5 mins

Yield: 4 servings



Lee Harrelson;
Styling: Jan
Gautro

Ingredients

3 tablespoons butter
 3 tablespoons flour
 ½ cup chicken broth
 2 cups milk
 1 can black beans (15 oz) rinsed and drained
 1 can Rotel diced tomatoes & jalapenos (14.5 oz)
 1 package frozen corn (10 oz)
 ½ cup onion chopped
 ½ cup bell pepper diced
 1 can Enchilada sauce (10 oz)
 2 wholes chicken breasts
 1 cup Monterrey Jack Cheese shredded

Directions

Step 1

Melt butter in a saucepan over medium-low heat. Stir in flour; keep stirring until smooth and bubbly. Remove from heat and add the chicken broth and ½ cup milk, a little at a time, stirring to keep smooth. Return to heat. Bring sauce to a gentle boil; cook, stirring constantly, until it thickens. In a large bowl, whisk together the enchilada sauce and chicken broth mixture. Gradually whisk in remaining milk until smooth. Set aside.

Step 2

In a crockpot, combine drained beans, tomatoes, corn, onion, and bell pepper. Place the chicken breasts on top of the mixture. Pour sauce mixture over ingredients in cooker. Cover; cook on low heat for 6 to 8 hours or on high for 3 to 4 hours. When you are ready to serve, remove chicken and cut or shred into bite-sized pieces. Add chicken back into the soup, mix together. Top with cheese and serve. I topped ours with slices of avocado, sour cream, and crushed tortilla chips.

} I make my own.

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Homemade Enchilada Sauce

Edit



From: Recipe Book Selections

Yield: 6 Servings

Categories: Sauces & Salsas

Cook Time: 15 mins

Prep Time: 15 mins

Ready Time: 30 mins



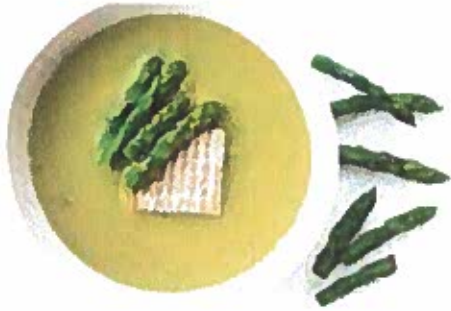
Ingredients

- 1 Tbsp Olive Oil
- 1 Onion (Minced)
- 1/2 tsp Salt
- 3 Tbsp Chili Powder
- 3 Cloves Garlic (Minced)
- 2 tsp Cumin
- 2 tsp Sugar
- 8 Ozs Tomato Sauce (2 cans)
- 1/2 Cup Water
- Pepper

Directions

1. Heat the oil in a medium skillet. Add the onion and salt and cook until the onion is softened, approx. 5 minutes.
2. Stir the chili powder, garlic, cumin, and sugar.
3. Cook until fragrant, about 15 seconds. Stir in tomato sauce and water.
4. Bring to a simmer and cook until slightly thickened, about 5 minutes.
5. Season with salt and pepper to taste.



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Creamless Cream Of Asparagus Soup

www.aheadofthyme.com



Makes: 6 servings

Prep Time: 10 mins

Cook Time: 15 mins

Take advantage of in-season asparagus this spring and savour its flavour in a delicious and smooth, creamless cream of asparagus soup.

Ingredients

- 2 tablespoons butter
- 1 onion, chopped
- 1 rib of celery, chopped
- 1 clove garlic, minced
- 1 russet potato, chopped
- 3 cups asparagus, chopped into 1 inch pieces, woody ends removed
- 5 cups chicken stock
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon freshly squeezed lemon juice
- 1 cup asparagus tips only

Directions

1. In a large pot, melt the butter over medium-high heat. Saute the onions, garlic and celery until the onions are soft and translucent. Add the potatoes and asparagus and mix well.
2. Add the chicken (or vegetable) stock. Bring to a simmer.
3. Turn the heat down to low and continue to simmer for about 15 minutes, until the vegetables have become soft.
4. Puree the soup in batches using your blender and pour it back to the pot.
5. Add the lemon juice and black pepper and stir to mix. On low, continue to cook for a couple of minutes, stirring occasionally.
6. Serve hot with crackers and asparagus tips on top.
7. Cook the tips in boiling salted water for about 4 minutes they are slightly tender. Drain and serve on top of your bowl of soup.



GF

BEEF-BARLEY MUSHROOM SOUP

MAKES 10 TO 12 TASTING PORTIONS OR 6 TO 8 FULL SERVINGS

This rich, hearty version of beef-barley soup features cubes of beef chuck, dried and fresh mushrooms, and barley. The recipe comes from friend Stephanie Guay Dehl, writer and mom of three who blogs about family-style cooking at OneFamilyMeal.com. Serve with Buttery Biscuits (page 155).

2 Tbsp
3 Tbsp coarsely chopped fresh thyme

1 1/4 Tbsp coarsely chopped fresh rosemary **1 Tbsp**

1/2 cup [110 g] pearly barley

1 to 2 tsp red wine vinegar

1 cup [80 g] freshly grated Parmesan cheese

1/2 oz [15 g] dried porcini mushrooms
1 1/2 lb [680 g] beef chuck, cut into 2-in [5-cm] chunks

Sea salt

Freshly ground black pepper

2 Tbsp olive oil

1 large leek

2 Tbsp unsalted butter

1 large onion, diced

2 large carrots, peeled and diced

1 cup [240 ml] red wine

4 cups [960 ml] Basic Beef Stock (page 27), Rich Beef-Bone Broth (page 24), or Basic Chicken Stock (page 29)

10 oz [280 g] cremini (also called baby bella) mushrooms, stemmed, cleaned, and quartered

1. In a small bowl, combine the porcini mushrooms and 1 cup [240 ml] boiling water and let soak for 10 minutes.

2. Meanwhile, season the beef with salt and pepper. In a wide, deep 5- to 6-qt [4.7- to 5.7-L] stockpot or Dutch oven over medium heat, warm the olive oil. Working in batches to avoid crowding the pan (the pieces should fit in a single layer without overlapping), sear the beef for 2 to 3 minutes per side, until it begins to brown. Do not cook through. Using a slotted spoon, transfer the beef to a medium bowl as it is browned. Pour off all but 1 Tbsp of the fat from the pot; set aside.

3. Trim off the dark green section from the leek and save for making vegetable stock. Halve the pale green and white section lengthwise. Rinse under cold running water, pat dry, and cut crosswise into thin pieces.

4. Add the butter to the oil in the stockpot and set over low heat. Add the leek, onion, and carrots and cook for about 5 minutes, until the vegetables are slightly tender. Turn the heat to medium-high, add the wine, and cook for 2 minutes, until the alcohol scent wears off, scraping up the browned bits clinging to the bottom of the pot.

5. Remove the porcini mushrooms from the bowl, reserving the soaking liquid, and coarsely chop the mushrooms. Strain the liquid through cheesecloth into a bowl; reserve.

6. Add the beef stock, reserved soaking liquid, porcini, cremini, thyme, rosemary, and seared beef to the pot; season with salt and pepper; and stir to combine. Turn the heat to high and bring the mixture to a boil. Turn the heat to low and simmer, partially covered, for 20 minutes. Stir in the barley, cover, and simmer for another 45 minutes, or until the barley is almost tender, or al dente. Remove from the heat, add 1 tsp of the vinegar, and stir to combine. Taste and adjust the seasoning adding more vinegar, salt, and pepper if needed.

7. Ladle the soup into mugs or bowls and serve, passing the Parmesan on the side.

TO GO: Pack the grated cheese separately.



Karen Tatarka <ktatarka@westonct.gov>

RECIPE - Weston Library Cookbook Club 3/18/21 at 12PM

1 message

 [REDACTED]

Sat, Mar 13, 2021 at 7:42 PM

To: Karen Tatarka <ktatarka@westonct.gov>

Hi Karen T.

I have a conflict for the upcoming Cookbook Club meeting, but I'd like to share the following recipe for the topic of SOUP.

Karen C

I have tweaked the following Trader Joe's recipe, which I found online, and I've added ingredients. Add your favorite Asian heat if you enjoy spicy-hot food. Bon Appétit!

Gyoza Vegetable Soup

Yield: 8+ servings

INGREDIENTS

- 4-5 tablespoons **peanut** or avocado oil
- 1 package any type **gyoza/potstickers**
- 1 container **mirepoix**
- 2 cloves **garlic**, peeled, thinly sliced
- 1 small bunch **scallions**, thinly sliced
- 1-inch piece fresh **ginger**, peeled, thinly sliced
- 2 quarts **chicken broth** or homemade stock
- 1/2 head **Napa cabbage**, cut into eighths
- 1 bag or fresh bunch **baby spinach**
- 12-15 **shiitake mushrooms**
- 1 tablespoon **Tamari** or soy sauce
- 1 tablespoon plain **sesame oil**
- 1 tablespoon good **fish sauce**
- 1/2 teaspoon **sea salt** or Kosher salt

- 2 cups shredded **cooked chicken**, if desired
- **Toasted sesame oil**, for drizzling
- 1 bunch fresh **cilantro**, shredded or torn, for garnish

DIRECTIONS

- 1** Coat the bottom of a large frying pan with 2-3 tablespoons peanut oil and lightly fry the gyoza over medium-high heat until they're nicely browned on both sides (about 10 minutes). Remove from heat and set aside.
- 2** In a large soup pot pour a couple of tablespoons of peanut oil and add the mirepoix, garlic, ginger, mushrooms, and sea salt. Sauté the vegetables until the onions start to appear translucent.
- 3** Add the chicken broth, Napa cabbage, Tamari, plain sesame oil, and fish sauce to the pot and bring to a slow simmer for 20-30 minutes.
- 4** Add the shredded cooked chicken to the soup, if using.
- 5** Add the spinach, stir, let the soup simmer for 5 minutes or until the spinach is cooked to desired tenderness.
- 6** Add the browned gyoza, stir, simmer for 1 minute.
- 7** Taste for adequate saltiness and add more Tamari as needed.
- 8** Add the scallions and turn off the burner. Keep the pot covered.
- 9** Serve the soup hot in bowls, drizzle toasted sesame oil over each, and garnish with cilantro.

Slow-Cooker Chicken Tortilla Soup With All the Fixings Recipe

JENNIFER OLVERA

Rich chicken tortilla soup, made from slow-simmered chicken thighs, joins quintessential toppings—avocado, red onion, sour cream, cilantro cheese, tortillas, limes and hot sauce—in this simple, sustaining slow-cooker meal. The broth gets its depth from inclusions such as apple cider vinegar, ancho chile powder and unsweetened cocoa powder, and smokiness from a canned chipotle en adobo, fire-roasted tomatoes and cumin.



Why this recipe works:

- Browning the chicken and sautéing the vegetables in advance help build flavor.
- Canned chipotle pepper, ancho chile powder, cumin, and a touch of unsweetened cocoa powder create layered flavors.
- Apple cider vinegar added at the beginning of cooking ensures the soup stays bright and flavorful through its slow simmer.
- A slew of toppings allows for customization.

YIELD: Serves 6

ACTIVE TIME: 20 minutes

TOTAL TIME: 4 1/2 hours

Ingredients

2 tablespoons extra-virgin olive oil

1 1/2 pounds boneless, skinless chicken thighs

Kosher salt and freshly ground black pepper

1 large yellow or white onion, finely chopped (about 1 1/2 cups)

1 large jalapeño, finely chopped (about 1/3 cup)

3 medium cloves garlic, minced (about 1 tablespoon)

1 1/2 teaspoons ancho chili powder

Directions

1. Heat oil in a Dutch oven over medium-high heat. Season chicken with salt and pepper. When oil is shimmering, brown chicken on all sides, about 8 minutes total. Transfer chicken to the bowl of a slow cooker.
2. Reduce the heat to medium. Add onion and jalapeño to the same pan and cook, stirring often and scraping up browned bits from the bottom of the pan until they start to soften, about 6 minutes. Add garlic and continue cooking until fragrant, about 1 minute more. Add chili powder, cumin, and cocoa powder and cook until fragrant, about 30 seconds. Add beer, raise heat to medium-high and bring to a boil.
3. Transfer to the slow cooker along with the bay leaves, thyme, chipotle pepper, tomatoes, tomato paste, vinegar, green chiles, and chicken stock. Season with salt and pepper. Cook on low setting or until chicken is cooked through and fall-apart tender, at least 4 hours.
4. Discard bay leaves and thyme sprigs. Shred chicken using two forks.

1 1/2 teaspoons ground cumin

1 teaspoon unsweetened
cocoa powder

1 cup lager-style beer

2 bay leaves

3 sprigs fresh thyme

1 chipotle chile en adobo,
minced

1 (14.5-ounce) can diced
tomatoes, preferably fire-
roasted

1 tablespoon tomato paste

2 teaspoons apple cider
vinegar

1 (4-ounce) can diced green
chilies

6 cups homemade or store-
bought low-sodium chicken
stock

To Serve:

1 avocado, diced

1 medium red onion, diced

Sour cream

Chopped fresh cilantro leaves
and fine stems

Shredded cheddar cheese

Crushed tortilla chips or fried
fresh corn tortillas cut into
strips

2 limes, cut into wedges

Hot sauce

Taste and adjust seasonings, if needed.

5. Ladle soup into bowls and garnish with avocado, onion, cilantro, cheddar and a sprinkle of tortilla chips. Pass limes and hot sauce at the table.

chashu ramen

The key to the success of this traditional ramen is the slow-cooked, intensely savory Japanese-style broth. Paired with the full-flavored braised pork belly, marinated eggs, and noodles, it makes a satisfying dish. Serves 4

FOR THE PORK AND PORK BROTH

- 1 lb. pork belly, preferably skin on
- 4 cloves garlic, peeled and crushed
- 2 large scallions, trimmed and cut into 4 pieces each
- 1 1-inch piece (about ¼ oz.) fresh ginger, peeled and cut into 4 slices

FOR THE MARINADE

- 2 cups soy sauce
- ¼ cup mirin
- ¼ cup granulated sugar
- ¼ cup honey
- 2 Tbs. white miso (shiro)

FOR THE MARINATED EGGS

- 4 large eggs, at room temperature
- 1 cup reserved pork marinade

FOR THE RAMEN BROTH

- Reserved pork broth
- 3 cups unsalted chicken stock
- 2 cups vegetable broth
- 8 cloves garlic, peeled and crushed
- 1 2½-inch piece fresh ginger, peeled and cut into 5 slices (2 oz.)
- Reserved pork marinade, to taste
- Kosher salt and freshly ground white pepper

FOR SERVING

- 20 oz. fresh or frozen ramen noodles, or 14 oz. dried (see p. 88 and p. 96)
- Reserved pork marinade, to taste
- Reserved pork fat (optional)
- 4 medium scallions, trimmed and thinly sliced
- ¼ cup shinachiku (seasoned Chinese bamboo shoots; see p. 96; optional)
- 4 marinated eggs, halved
- 2 sheets roasted nori, cut into eight 1½x3-inch rectangles (see p. 96; optional)

MAKE THE PORK AND PORK BROTH

Tie the pork at ½-inch intervals with kitchen twine. Put the pork in a large pot, cover with water, bring to a boil over medium-high heat, and cook for 15 minutes. Remove the pork, drain the water, and wipe the pot clean.

Return the pork to the pot. Add the garlic, scallions, ginger, and just enough water to

cover, about 6½ cups. Bring the mixture to a boil, reduce the heat to medium low, and cook partially covered, turning the pork halfway through, until the pork is fork-tender, 1½ to 2 hours. Let the pork cool in the broth.

Remove the pork and strain the broth through a cheesecloth-lined strainer into a large bowl; discard the vegetables. Cover the broth and refrigerate for at least 8 hours or up to 2 days.

MARINATE THE PORK

In a large pot, combine the cooked pork, soy sauce, mirin, sugar, honey, miso, and just enough water to cover the pork, about 3½ cups. Bring to a boil, reduce the heat, and simmer, uncovered, for 1 hour, stirring and turning the pork occasionally. Let the pork cool in the marinade. When the pork is cool, remove it from the marinade, wrap it in plastic, and refrigerate for at least 8 hours or up to 2 days. Strain the marinade through a cheesecloth-lined strainer set over a medium bowl; discard the solids. Cover and refrigerate until ready to use. (You should have about 2½ cups.)

MARINATE THE EGGS

Fill a medium saucepan two-thirds full with water and bring to a boil. Reduce the heat to maintain a gentle (not rolling) boil. Fill a medium bowl with ice water. Using a slotted spoon, gently lower the eggs into the pan and cook for 6 minutes. Transfer the eggs to the ice water and let cool completely. Peel the eggs and transfer to a zip-top bag, add the 1 cup reserved marinade, seal, and refrigerate for at least 8 hours or up to 2 days.

MAKE THE RAMEN BROTH

Skim and reserve any fat from the pork broth, then pour it into a large pot. Add the chicken stock, vegetable broth, garlic, and ginger. Bring to a boil, reduce the heat, and simmer, uncovered, for 20 minutes, occasionally skimming off the foam. Strain the broth through a cheesecloth-lined strainer into a medium bowl; discard the solids. Add the reserved marinade to taste (¼ to ½ cup), then season to taste with salt and pepper. Cover and refrigerate until ready to use.

SERVE THE RAMEN

Bring the pork and eggs to room temperature. Position a rack in the upper third of the oven and heat the broiler on high. Remove the twine from the pork, and transfer it to a foil-lined rimmed baking sheet. Broil, flipping once, until lightly charred on both sides, about 5 minutes total. Let the meat cool, then cut into bite-size pieces and set aside.

I enjoyed making this, though I used store-bought, fresh ramen noodles. A COVID shelter-in-place activity.

Meanwhile, bring the ramen broth to a boil in a large pot, remove from the heat, and cover to keep warm. Fill a large pot with water and bring to a boil. Add the ramen noodles and cook according to package directions until firm, yet chewy. Drain and set aside.

Put 1 to 2 Tbs. of the reserved marinade and 1 tsp. of the reserved pork fat, if desired, in each of 4 deep serving bowls. Ladle 1½ to 2 cups of ramen broth into each bowl.

Divide the ramen noodles among the bowls. Top each with the pork pieces (including some of the fat), scallions, and shinachiku, if using. Cut the eggs in half lengthwise and arrange yolk side up in bowls. If desired, arrange 2 nori strips in each bowl, standing them vertically against the edge. Add additional broth, if desired, and serve.

NOTE: Alternatively, you can serve the dish by arranging the pork, scallions, and shinachiku in separate piles on top of the ramen.

Pair With: CHILLED SAKE This brew will play well with all the flavors in this dish—especially the salty-sweet pork—without being overpowered by any of them. Plus, its cool temperature will provide nice contrast to the warm broth.

RAMEN RULES

- The pork belly becomes very tender during cooking. Tying it with kitchen twine before cooking will keep the meat together.
- Let the pork cool to room temperature in the broth and, again, in the marinade. This helps the meat stay moist and juicy, and allows it to absorb maximum flavor from the liquid.
- Pricking the wide end of an egg's shell with a pin or egg piercer (see p. 93) before boiling allows the cooked egg to have a smooth, round end. Some cooks also believe that piercing the shell helps prevent the white from sticking to the shell when you peel it.
- Peeling boiled eggs while they're submerged in cold water or under running cold water helps loosen the shell from the egg.
- Adding the reserved pork marinade to the ramen broth a bit at a time lets you decide how rich to make the broth.

Moroccan-Inspired Chickpea Soup

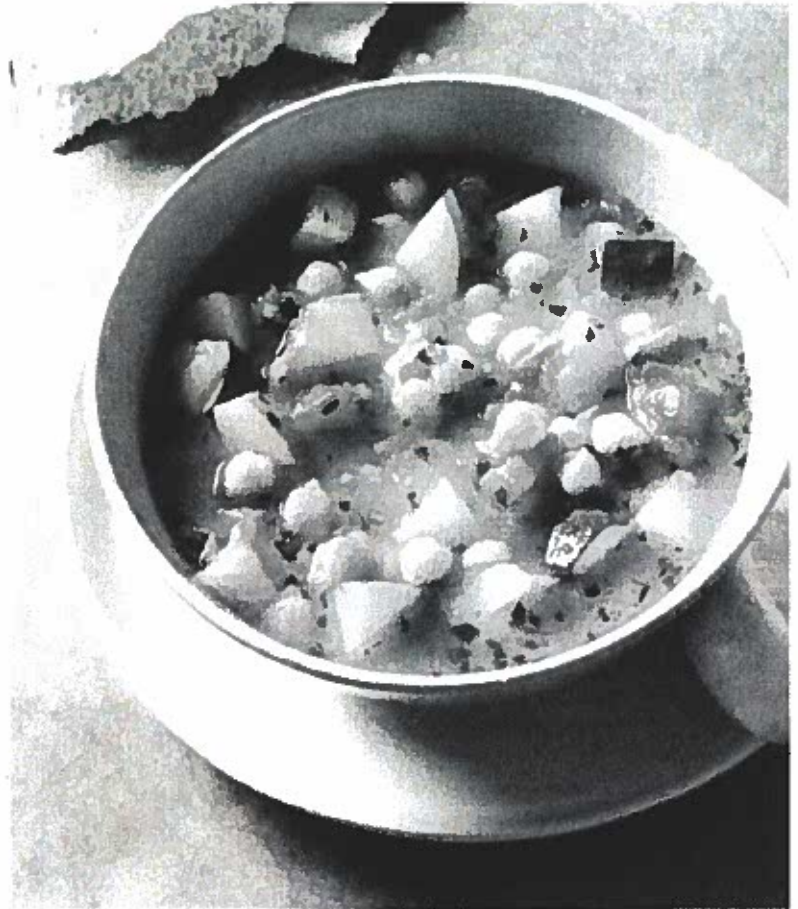
*Very earthy
from the
saffron*

WHY THIS RECIPE WORKS This warming, evocative soup stands out because the tender, nutty, protein-packed chickpeas are infused with the rich, complex flavors of Moroccan cuisine. In order to make this deeply flavored soup simple enough to serve on a weeknight, we turned to convenient canned chickpeas. First, we created an aromatic base for the soup by cooking finely chopped onion with a little bit of sugar to create some subtle caramelization. Next came seasoning: Plenty of garlic along with paprika, saffron, ginger, and cumin established the soup's potent flavor profile. The bright saffron gave the soup a distinct aroma and golden color, and the cumin and ginger added a pungent kick that would fool anyone into thinking this soup had been cooked for hours on end. As soon as the spices' fragrance began wafting from the pot, we stirred in the chickpeas along with red potatoes for some starchy, hearty heft. We then incorporated canned diced tomatoes for bright acidity and chopped zucchini for its contrasting soft texture and a bit of added color. After we poured in some broth and simmered the soup for a mere 20 minutes, the vegetables were perfectly tender and the rich flavors had melded beautifully. We found that mashing some of the potatoes right into the soup thickened it to a rich, comforting consistency. If you don't have hot paprika on hand, we recommend substituting regular sweet paprika and a pinch of cayenne. To make this dish vegetarian, be sure to use vegetable broth. Serve with fresh pita bread, if desired.

Moroccan-Inspired Chickpea Soup

SERVES 4 TO 6

- 3 tablespoons extra-virgin olive oil
- 1 onion, chopped fine
- 1 teaspoon sugar
- Salt and pepper
- 4 garlic cloves, minced
- ½ teaspoon hot paprika
- ¼ teaspoon saffron threads, crumbled
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cumin
- 2 (15-ounce) cans chickpeas, rinsed
- 3½ cups chicken or vegetable broth
- 1 pound red potatoes, unpeeled, cut into ½-inch pieces
- 1 (14.5-ounce) can diced tomatoes
- 1 zucchini, cut into ½-inch pieces



Lightly caramelized onions contribute to this soup's flavorful base.

- ¼ cup minced fresh parsley or mint
- Lemon wedges

1. Heat oil in Dutch oven over medium-high heat until shimmering. Add onion, sugar, and ½ teaspoon salt and cook until onion is softened, about 5 minutes.

2. Stir in garlic, paprika, saffron, ginger, and cumin and cook until fragrant, about

30 seconds. Stir in chickpeas, tomatoes and their juice, and zucchini to simmer and cook, stirring occasionally until potatoes are tender, 20 to 30 minutes.

3. Using wooden spoon, mash some of potatoes against side of pot to thicken soup. Off heat, stir in parsley and lemon wedges with salt and pepper to taste. Serve with lemon wedges separately.

TASTING Canned Chickpeas

A pantry staple, chickpeas are incredibly versatile, as at home in soups and pasta dishes as they are in hummus. We purchased six products, all nationally available, in 14- to 16-ounce cans. We tasted them plain and pureed into homemade hummus; in these tests, we drained and rinsed the chickpeas before simmering them. We also tested the chickpeas in soup. At each tasting, our panel evaluated the chickpeas' flavor, texture, and overall appeal. Our winner, **Goya Chick Peas/Garbanzos**, earned top marks in all three tastings. With 360 milligrams of sodium per ½-cup serving, these chickpeas tasted "nicely seasoned," "earthy," and "slightly nutty." Tasters also praised their texture, which was "firm with just enough give."

Very Delicious - velvety texture, rich tasting, but light and healthy.

Green Curry Lentil Soup *pg 1*

February 9, 2021

Ingredients

4 SERVINGS

- 2 Tbsp. virgin coconut oil
- 1 small onion, chopped
- 2 garlic cloves, finely chopped
- 1 1" piece peeled ginger, finely chopped
- 1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt, plus more
- ¼ cup Thai green curry paste
- 1 medium sweet potato, peeled, cut into ½" cubes
- ¾ cup brown or green lentils
- 4 cups low-sodium chicken or vegetable broth
- 1 13.5-oz. can unsweetened coconut milk, shaken well
- 4 cups (loosely packed) baby spinach leaves
- ½ tsp. (or more) fish sauce
- Small handful cilantro leaves with tender stems and lime wedges (for serving)

Preparation

Green Curry Lentil Soup - pg 2

Step 1

Heat oil in a large saucepan over medium. Add onion, garlic, and ginger; season with salt. Cook, stirring often, until onion is translucent and starts to soften, about 3 minutes. Add curry paste and cook, stirring and scraping bottom of pan constantly, until paste is fragrant and slightly darkened and mixture starts to stick to pan, about 3 minutes.

Step 2

Stir sweet potato and lentils into onion mixture, then add broth and 1 tsp. Diamond Crystal or 1/2 tsp. Morton kosher salt and bring to a boil. Reduce heat to a simmer and cook soup, stirring occasionally, until sweet potatoes are cooked through and lentils are tender but not mushy, 20–25 minutes.

Step 3

Add coconut milk to soup; return to a simmer. Add spinach and fish sauce and cook just until spinach is wilted, about 30 seconds. Taste soup and season with more salt and/or fish sauce if needed.

Step 4

Ladle soup into bowls and top with cilantro. Serve with lime wedges.



Pasta e Ceci (Pasta with Chickpeas) *pg 1*

SERVES Serves 4 to 6

TIME 1 hour

*- more like a stew than a soup
but very delicious.*

INGREDIENTS

- 2 ounces pancetta, cut into 1/2-inch pieces
- 1 small carrot, peeled and cut into 1/2-inch pieces
- 1 small celery rib, cut into 1/2-inch pieces
- 4 garlic cloves, peeled
- 1 onion, halved and cut into 1-inch pieces
- 1 (14-ounce) can whole peeled tomatoes, drained
- 1/4 cup extra-virgin olive oil, plus extra for serving
- 1 anchovy fillet, rinsed, patted dry, and minced
- 1/4 teaspoon red pepper flakes

BEFORE YOU BEGIN

- * Another short pasta, such as orzo, can be substituted for the ditalini, but make sure to substitute by weight and not by volume.

INSTRUCTIONS

- 1 Process pancetta in food processor until ground to paste, about 30 seconds, scraping down sides of bowl as needed. Add carrot, celery, and garlic and pulse until finely chopped, 8 to 10 pulses. Add onion and pulse until onion is cut into 1/8- to 1/4-inch pieces, 8 to 10 pulses. Transfer pancetta mixture to large Dutch oven. Pulse tomatoes in now-empty food processor until coarsely chopped, 8 to 10 pulses. Set aside.

- 2 teaspoons minced fresh rosemary
- 2 (15-ounce) cans chickpeas (do not drain)
- 2 cups water
- Salt and pepper
- 8 ounces (1 1/2 cups) ditalini
- 1 tablespoon lemon juice
- 1 tablespoon minced fresh parsley
- 1 ounce Parmesan cheese, grated (1/2 cup)

2 Add oil to pancetta mixture in Dutch oven and cook over medium heat, stirring frequently, until fond begins to form on bottom of pot, about 5 minutes. Add anchovy, pepper flakes, and rosemary and cook until fragrant, about 1 minute. Stir in tomatoes, chickpeas and their liquid, water, and 1 teaspoon salt and bring to boil, scraping up any browned bits. Reduce heat to medium-low and simmer for 10 minutes. Add pasta and cook, stirring frequently, until tender, 10 to 12 minutes. Stir in lemon juice and parsley and season with salt and pepper to taste. Serve, passing Parmesan and extra oil separately.

Mushroom Soup

By Mark Bittman

YIELD 4 servings

TIME 30 minutes

I used dried porcini which impart a rich, earthy flavor. I tried it half-puréeed, but prefer it fully puréeed (which I did with leftovers). For the fresh mushrooms I used a mix of cremini & shitake.

If the word "mushroom" conjures for you white buttons in little supermarket tubs, you're not alone. But there is a big world of mushrooms out there, and you don't have to be a forager to live in it. Wild mushrooms can be found in spring, summer and fall, but farmed mushrooms, grown mostly in the dark, are always around and a little easier to find than the ones hiding in the woods. So are dried mushrooms, which may be domesticated or truly wild and which are among the most flavorful ingredients you can keep in your pantry. This lovely soup is made with a combination of dried and fresh. It's delightfully simple – it comes together in about a half hour – which allows the complex flavors of the mushrooms to really shine through.

INGREDIENTS

2 to 3 ounces dried mushrooms (like cremini, morel; whatever you like)
½ stick butter
1 sprig fresh thyme or rosemary
1 large yellow onion or 3 or 4 shallots, chopped
1 tablespoon minced garlic
1 pound fresh mushrooms like shitake or button, sliced (a variety is nice)
Salt and freshly ground black pepper
¼ cup sherry or Madeira
5 cups chicken stock, mushroom-soaking liquid or a combination
1 cup cream (optional)
Chopped fresh parsley leaves for garnish

PREPARATION

Step 1

Soak the dried mushrooms in 5 cups very hot water until soft, anywhere from 5 to 15 minutes. When they are tender, remove mushrooms from the soaking liquid with a slotted spoon, reserving the liquid; slice or chop if the pieces are large.

Step 2

Meanwhile, put the butter in a large pot that can later be covered over medium heat. When it melts, add the herb, onions and garlic and sauté, stirring occasionally, until soft, about 5 minutes. Turn the heat to medium high, and add the fresh mushrooms; add the soaked mushrooms when they're ready. Sprinkle with salt and pepper, and cook until the mushrooms have given off their liquid and begun to brown, about 20 minutes, stirring occasionally.

Step 3

Add the sherry or Madeira to the pot and cook, scraping up any browned bits from the bottom as the liquor starts to bubble. Add the stock or soaking liquid and bring to a boil, then lower the heat to a steady simmer and cook, covered, until flavors have melded, about 15 minutes.

Step 4

Discard the herb. Reduce the heat to low, and purée the liquid with a hand-held mixer to desired consistency. (I like it half-puréeed.) Add the cream if you're using it; stir to combine and let simmer for a few minutes. Taste and adjust the seasoning; garnish with parsley and serve.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

Adapted from "How to Cook Everything."